



Vol. 47, No. 14 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, April 21, 2006

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Weather hub inactivated, mission moves to Hawaii

By Staff Sgt. Karen J. Tomasik
 374th Airlift Wing Public Affairs

The Yokota community gathered Monday at the base Officers' Club to mark the inactivation of the 20th Operational Weather Squadron.

The event drew guests from across the U.S. military, Japanese Self Defense Forces, 20th OWS members, and the Japan Meteorological Agency (the equivalent of U.S. National Weather Service). Lt. Gen. Bruce Wright, United States Forces-Japan/Fifth Air Force commander, spoke of the Air Force is changing and how the 20th OWS has changed to meet the needs of the Air Force.

"Change is hard. Everyone hates change but we are at war and our ability to pick up and change is what we need to do in order to prevail over our enemies," said General Wright. "To the members of the 20th OWS, thank you for your service and for continuing the fight."

The history of the 20th OWS dates back to April 1943, when it was first activated in Egypt. Over the years, the 20th Weather Squadron was based in Indonesia, the Philippines and various locations in Japan, including Tokyo, Nagoya, Fuchu Air Station and finally Yokota Air Base.

During that time, the unit was inactivated and reactivated multiple

times, ranging from relocation of the unit, the divestiture of the Air Weather Service (when control of weather units moved from weather squadrons to local wings) and the re-engineering of the weather career field that saw most forecasting services centralized within eight theater Operational Weather Squadron units.

During the past six years, the 20th OWS conducted weather operations in support of 19 Air Force and Army installations throughout Japan and South Korea. In addition to supporting theater exercises and training missions, the 20th OWS supported several real-world contingencies, including relief missions in Southeast Asia during the aftermath of the devastating tsunami in December 2004.

During the years in Japan, members of the 20th have worked to enhance bilateral cooperation with their Japanese counterparts.

"While we understand the importance of streamlining Air Force operations and operating as efficiently as possible, we will greatly miss our Japanese counterparts," said Maj. David Andrus, former 20th OWS director of operations. "We've forged incredible friendships over our time here that have well-served the U.S. Air Force, Japan Air Self Defense Force, our mutual civilian weather services, and two countries.

Throughout our increased friendships and cooperation, we've been able to share greater amounts of weather experience, skill and data. We are truly sad to say goodbye to such outstanding friends and allies."

While the 20th OWS inactivates, the 17th OWS at Hickam will take on the role of providing weather support and products for the region.

"The 17th OWS has had the benefit of receiving all our training materials, processes and tools so they can continue the same level of support our units have become accustomed to receiving," said Major Andrus.

Although members of the 20th OWS are sad to see it go away, some look to the day when it might return.

"The most important thing is that our customers will still receive the quality support they require and deserve from the 17th OWS," said Senior Master Sgt. Stephen Dombek, former 20th OWS superintendent. "Our unit has been inactivated and



photo by Staff Sgt. Karen J. Tomasik

Members of the 20th Operational Weather Squadron render a final salute before the inactivation of their unit during a ceremony at the Enlisted Club Monday.

reactivated several times since it were formed in 1943, and it wouldn't surprise me if you see some form of the 20th again."

Even junior members of weather see the inactivation of the 20th OWS as a path to other areas of their career.

"I've been in weather for two and a half years and I worked as forecaster primarily for Kunsan Air Base, Korea," said Airman 1st Class Derek Krahn, former 20th OWS forecaster. "I look at it as a welcome change to working in a base Combat Weather Team. Instead of forecasting for a broad area, I can focus on an area where I am directly located."

"When I assumed command two

years ago, I was told the unit would be getting inactivated and to make the transition as smooth as possible while maintaining our operations," said Lt. Col. Michael Farrar, former 20th OWS commander. "The members of the 20th have been instrumental in meeting the four goals I set when I arrived. We've continued operations while working to hand them over to the 17th OWS, improved current operations and built and improved relationships with our Japanese counterparts while taking care of each other to meet the first three goals. Every member of the 20th should all be proud of the work we've done and the relationships we have built here."

View to bowl you over

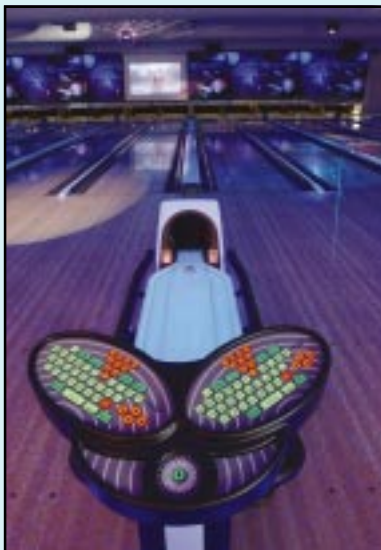


photo by Airman 1st Class John Albea

The new Tomodachi Lanes opened for business on the west side April 13 and features a 26-lane split house. It is open Mondays through Thursdays from 11 a.m. to 10 p.m., and Fridays and Saturdays from 11 a.m. to 11 p.m.

Japanese baseball team offers discount tickets, clinic

By Capt. Ben Alumbaugh
 374th Airlift Wing Public Affairs

The 374th Services Division wants to take Yokota members out to the old ball game April 29 at 2 p.m. at the Seibu Dome.

The Seibu Lions will take on the Yomiuri Giants, the Japanese version of the New York Yankees. More than 300 tickets have been made available to U.S. government identification card holders and local national employees with ID for \$1.

"This is a great cultural opportunity for people to experience something familiar," said Lisa Knight-Stevens, chief of marketing and publicity for the 374th Services division. "There will be some similarities, but going to a Japanese baseball game is a little different from American baseball."

The game will feature youth from Yokota escorting the Seibu Lions players onto the field to begin the game along with American bat boys.

Alan Armitage, 374th Services Division marketing representative, will be voicing the game play-by-play in the stadium's booth with the Japanese to announce the

teams and provide the music for players' entrances.

A taste of home will be provided by the American tradition of singing "Take me out to the ballgame" during the seventh inning stretch.

One difference for people new to the Japanese baseball experience will be the actual dome.

The dome is partially outdoors and a variety of concession stands surround the outer portion of the stands. Every seat provides a good view of the field and allows everyone to see the action unobstructed.

Another difference is the appearance of "ultras" or the groups of die-hard fans. For people familiar with Latin American and European soccer fans,

these fans will be similar. The fans sing songs, synchronize chants, waive huge flags and provide an all-around colorful display for their team. These fans are not just for the home team either. The traveling team also brings their own fans to support them in the same manner.

After the game is over, the Seibu Lions will be conducting a baseball clinic for Yokota youth ages nine to 18. Members can

still register for the clinic by signing up at either the East or West Youth Center. Ms. Knight-Stevens said spaces are limited so people need to act fast to get in on the once-in-a-lifetime opportunity. Volunteers are also needed to assist with the clinic.

For more information, call 225-7021.



photo by Capt. Thomas Wenz

The Seibu Lions, a Japanese professional baseball team, plays during a regular season game. The team is offering discount game tickets for April 29 and a free youth clinic following the game.

Combat Readiness Detractors; helping the one percent 'get it'

The following individuals received nonjudicial punishment in March:

A major received a forfeiture of \$3,000 pay a month for two months and a reprimand for having an improper relationship with an enlisted member's spouse.

An airman first class received a reduction to airman, 45 days extra duty and 45 days restriction for driving drunk.

The following individuals received punishment from Japanese authorities:

A senior airman received a fine of 80,000 yen for speeding.

A civilian received a fine of 90,000 yen for speeding.

(Courtesy of 374th Airlift Wing Legal Office)

25 Yokota members earn UMUC degrees

The University of Maryland University College is awarding degrees to numerous Yokota community members during its annual commencement Saturday at the New Sanno Hotel.

Twenty-five of the 100 people receiving degrees are from Yokota.

The following individuals from Yokota will be awarded an associate of arts degree:

Grace Abney; Kevin Hill; Yuki Hosokawa; and James Ritton.

The following individuals will receive a bachelor of arts or science degree:

Manen Bishop; Keith Fitzgerald; Shannon Frazier; Lee Flowe; Tamika Floyd; Karissa Gaffney; Aki Genao; Ernesto Herrera; Takenori Hojo; Miltonette Krummen;

David Leasure; Susan Loya; Curtis McGlothen; Adriana Meza; Donita Nance; Hito Phew; Stacy Ponce; Jeffrey Pruitt; Lee Rogers; Lindsey Savell; and Darrel Short.

The university held its first commencement ceremony in Tokyo in 1957. The college has been available at Yokota since 1976.

(Courtesy of UMUC)

Residents must adjust for 'no heat, no cool' season

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Much like flowers and rainfall, temperatures are also on the rise, letting people know spring has arrived.

Members of the 374th Civil Engineer Squadron are preparing the base for summer cooling.

Some facilities here have already had their heat turned off this week and CE will start working on the housing and dormitory buildings starting on Monday.

Many of the base heating and cooling systems share the same circuit requiring civil engineers to turn off the heat before turning on the air conditioning. The process usually takes a few weeks and is known as the "no heat, no cool" season. During the initial period when the heat is turned off, the civil engineers perform tests on the circulating pumps and check for any leaks in the pipes throughout the base.

"We need time to thoroughly test the systems before turning on the air conditioning due to some older piping on base," said Master Sgt. Randy Stoker, 374th CES mechanical section chief. "We aim to have the air turned on in May. Having the heat turned off helps us identify issues before they turn into major problems."

The civil engineers started shutting down heating units in some buildings earlier than usual, providing the engineers with an opportunity to perform maintenance and complete needed repairs.

"We often get questions as to why we can't make the switch more quickly," he said. "Several years ago we tried to do the switch in one day – it put too much strain on the aging pipes and damaged them making the situation worse."

Due to the potential for temperatures to cool down at night, residents are advised to change home filters, dress warmly and put extra bedding out to keep comfortable.

"Right now people in the upper floors of the towers are getting too warm, since heat radiates toward the upper floors," said Sergeant Stoker. "People on the bottom floors will be cooler."

While the switch to cooling is ongoing, residents are asked to be patient. "We know that some problems will come up as the air conditioning comes on, but we have the best mechanics on the job if any problems occur," he said.

ER becomes UC, still provides top services

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

The 374th Medical Group Emergency Room underwent a minor surgery of its own over the past several months resulting in a name change to Urgent Care.

"The services we were providing with our very basic ER were not really any different than what we provide as an Urgent Care facility," said Col. Mark Presson, 374th MDG commander. "While the name outside was ER, in reality we've been providing mostly Urgent Care and referring patients who required more advanced medical care to Japanese facilities."

The colonel talked about the changes in medicine since Yokota became a U.S. base 60 years ago and how changes in Japanese medicine have changed the way the 374th MDG provides some aspects of patient care.

"There has been a huge amount of growth in effective, but expensive medical technology, and the development of trained specialists whose maintenance of skills

depends on the type and number of cases they have," said the colonel.

"Over the years, the Japanese medical system has grown tremendously with technologies and specialists, in many cases, rivaling the best in the world, giving us an opportunity to take advantage of these services."

In years past, the military kept all patients within the military medical system. Most patients received care at base hospitals that maintained limited intensive care capability. However, when patients exceeded the local military treatment facility's capabilities, they were stabilized and transferred to other Department of Defense facilities because the former Japanese healthcare systems did not meet the U.S. military's standards of care.

"Because the quality of Japanese medicine has grown, we have adapted the way we do business to accommodate the use of their facilities," said Colonel Presson. "Their standards, in many cases, equal the U.S., and we get an optimal outcome in critical cases best

accomplished by prompt transfer to local medical centers because timeliness is a key driver in immediate treatment trauma such as heart attacks and strokes.

"An Air Staff analysis showed that the Yokota population does not generate enough patients to keep emergency specialists sharp and up to date with constantly evolving technology," said the colonel. "They also found that care is available in Japanese medical centers and the Japanese are open to such relationships."

Based on the Air Staff direction, the 374th MDG has converted the ER to UC and phased out a Close Observation Unit (a very basic-level Intensive Care Unit). The change was effective Oct. 1, 2005.

Changes made along the way include, transferring in the first board-certified Family Practice Physician to the ER/UC during summer 2005; the maintenance of ambulance/urgent care access; care for every patient possible with prompt transfer of patients beyond the medical group's capability to the most suitable Japanese facility; maximum support dur-

ing transport and while hospitalized in Japanese hospitals with transfer back to the medical group as soon as medically safe and appropriate.

While the changes occurred, the Close Observation Unit closed, but the medical group actually increased clinical capability in the UC by providing translator coverage, nurses on all UC shifts and securing an Air Staff promise to staff the UC with Family Practice residency-trained doctors. The trial change was successful and the medical group is now formalizing the change.

"The key to remember is that we are still providing urgent care – the door is always open," said Colonel Presson. "Urgent Care is just a more appropriate descriptor for the level of care we provide and the service to the community is improved by better matching our staff capabilities to duties and using the well-developed Japanese system for intensive/critical care services."

Community members should dial 911 in an on-base emergency, or dial 119 if they live off-base.

Nihon-go now

⇒ **Hello, my name is _____.**
Konnichi wa. Watashi no namae wa _____ desu.
(koh-n-nee-chee wah. wah-tah-shee noh nah-mah-eh wah _____ dess.)

⇒ **I am an American.**
Watashi wa amerikajin desu.
(wah-tah-shee wah ah-meh-lee-kah-jeen dess.)

AD

Airmen, families invited to learn about deployments

Pacific Air Forces team visits base to brief community, answer questions about processes, upcoming changes

By Senior Airman Katie Thomas
Editor

A four-person team from Hickam Air Force Base, Hawaii, is visiting Yokota to explain the deployment process and upcoming deployment changes.

Families and Airmen alike are encouraged to attend one of the three briefings offered, and ask questions of the experts.

“When the team was scheduled to come out, they requested to have as many briefings as possible and to specifically invite family members to them,” said 1st Lt. Charlene Montrose, 374th Logistics Readiness Squadron’s

installation readiness flight officer-in-charge of contingency plans and training.

Mass briefings for Airmen and their families are scheduled for:

⇒ Monday at 3 p.m. at the base theater;

⇒ Tuesday at 10 a.m. and 3 p.m. at the Family Support Center.

The team will discuss the new six-month and one-year deployment possibilities.

“Airmen who are in critical job codes, or who are filling an Army or joint tasking will be affected by the extended deployments. It comes down to

the job code and the needs of the Air Force,” said Lieutenant Montrose.

“We have a high operations tempo,” she explained. “Airmen have to remember nothing is set in stone and they will more than likely not deploy for exactly 120 or 180 days. There are also going to be more locations and required training added. Be prepared and be flexible because there are a lot of changes coming because we are deploying to do more work in the joint environment.”

The team will also give Airmen and their families an overview of the deployment process from start to finish.

“The briefing might be a little confusing because of all the terms and abbreviations,” Lieutenant Montrose said. “But the team is here to explain the terms and abbreviations to Airmen and their

families. The briefing is specifically designed for Airmen and families and the team is eager to answer any questions that people might have about the process or changes. Their purpose in visiting all the Air Force bases in the Pacific is to help everyone understand what is going on with deployments.”

The team will also brief attendees of the First Term Airman Center, Airman Leadership School, and officer and enlisted senior leadership at the wing and U.S. Forces-Japan and Fifth Air Force.

Yokota is currently supporting Air Expeditionary Forces (AEF) rotation 9/10.

Community members can call the 374th LRS installation readiness flight with questions about the briefings or about the deployment process at 225-7633.

Prevent identity theft by protecting military IDs

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Military members may become vulnerable to identity theft if they provide too much personal information from their ID cards.

The Air Force Office of Special Investigations reminds military members, U.S. Government employees and their dependents that complete rules regarding photographing, reproducing or unauthorized possession of ID cards can be

found in AF Instruction 36-3026.

Some helpful guidelines are:

⇒ Title 18, U.S.C., Section 701 prohibits photographing, reproducing, or possessing Uniformed Services ID cards in an unauthorized manner.

⇒ Unauthorized use would exist if the bearer uses the card in a manner that would enable the bearer to obtain benefits and privileges to which he or she is not entitled.

⇒ The cardholder may pho-

tocopy DD Form 2, DD Form 1173, DD Form 2764, DD Form 2765, or DD Form 1173-1 to facilitate medical care processing, check cashing, or to administer other military-related benefits.

“In the event you must photocopy an ID card, ensure adequate measures are taken to conceal identifying data, and ensure photograph is significantly larger or smaller than the actual card size,” said Special Agent John Castro, AFOSI Det. 621.



photo by Mark Allen

Tama relaxing

Nestled away at the Tama Hills Recreation Center are new cabins recently finished and opened to military installation communities throughout the Kanto Plain. To make reservations, community members should call the Tama Lodge at 224-3421.

AD

Exploring importance, art of making mistakes

Encourage troops to take risks, teach how to own up, provide solutions, move on

By Lt. Col. Jim Reitzel
374th Comptroller Squadron

Albert Einstein once said, "Anyone who has never made a mistake has never tried something new."

That's true enough, and I would add that most of us make mistakes even when we are not trying something new – we are just trying to get through the day most of the time.

We're all the same in that respect: we all make mistakes. Where we differ is in how we respond to our mistakes once we have made them.

I am sure you have seen situations

where you or someone you know has "goofed," and for whatever reason they make the situation much worse by the way they react to it. They took

a bad situation and made it worse.

Television shows like "Cops" exist to exploit this phenomenon. Someone makes a relatively simple mistake, like speeding, then they make it much worse by denying it, arguing with the police and trying to get out of it rather than just taking their ticket and moving on. Rather than driving away in their own car with a fine to pay, they head to jail in the back of a squad car wearing hand cuffs.

We see this at work in the the Air Force and at home with our family and friends too. Relatively simple mistakes become much more trouble than they should be because of the way we respond to them, but it doesn't have to be that way.

Every situation is different of course, and there's no "one size fits all" solution. There are some principles and practices that can minimize the impact of our mistakes on ourselves, those around us, and the mission.

So what's the right answer? How should we respond to the mistakes we make?

Try the following three

simple steps:

✓ **Own it.**

Own it, own it, and own it. Take ownership of the mistake you made. This is the first and most important step, but it's certainly not always the easiest. It often involves

admitting guilt, absent-mindedness, carelessness, or simply a lack of knowledge or ability. Those are not things we like to be associated with, but taking ownership is necessary to get past the problems caused by the mistake. Once we own up, progress toward correcting it can begin. If we deny our mistakes, try to cover them up with excuses or just hope they go away, they typically fester and affect other areas. The situation grows worse exponentially.

But it is tough to step up to our mistakes, isn't it? It can be embarrassing for sure, but it is okay. Do it anyway because it is the right thing and you will be better off in the end.

Acknowledging your mistakes is a great diffuser. You will find the tension subsides more quickly and your boss is less upset and more willing to work with you to help solve the problem.

It must be said that timing is important here as well. Do not wait to admit it. When you realize you have made a mistake, deal with it quickly. A favorite phrase of a former boss was, "Bad news does not get better with age," and he was right. The sooner we own up to a mistake the sooner all can go to work to fix it. Delays in this area only make us look less trustworthy when the truth finally does come out – and it will come out. Just remember, we all make mistakes and we all know we all make mistakes so accept them.

✓ **Provide solutions.** Once you have acknowledged your role in the mistake, come up with a proposed solution. It may not be the perfect fix, but give it your best shot. When you talk to your boss or your spouse about your mistake, show them you have thought about it, you have a positive attitude and you want to make it better. Effort goes a long way in gaining support from peers and superiors after a mistake, and shouldering the responsibility for finding a solution demonstrates a great deal of

maturity. We do not have to feel like we must go it alone. Do not hesitate to ask for help and accept it when it's offered. Remember, we all make mistakes and we all know we all make mistakes. Accept them and help find the solution.

✓ **Learn from you mistakes and move on.** Analyze the mistake you made, figure out what went wrong, and set about preventing it from happening again. What could you have done differently? What questions should you have asked? Did you react too quickly or not quickly enough? Were you just not organized?

Drill down a few levels, and you will find your answers then move on. Do not dwell on your mistakes. Get smarter from them, incorporate the lessons learned and opportunities you have gained and leave them in the past. Do not let them hold you back from taking risks in the future. Remember, we all make mistakes and we all know we all make mistakes. Accept them, help find the solution, learn from them and move on.

If you are a commander, supervisor or spouse, take a look at your expectations for those around you. If you have set a standard where mistakes are not tolerated, you are holding your unit or your relationships back. Encourage risk taking, but demand accountability.

When mistakes happen, take the opportunity to mentor your folks through the steps outlined above and see if it makes a difference!

Who do you work for, your boss or your people?

By Maj. Theresa Humphrey
355th Maintenance Operations Squadron commander

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFPN) – I report to my boss, but I work for my people.

Before you think, "I wouldn't have said that if I were her," hear me out.

This phrase is about taking care of people and being a selfless leader. When I walk through my door every morning, I'm not thinking about what I can do to impress my boss but what I can do to help my people.

Does it mean my boss doesn't matter? Of course not! I am still responsible to him, I still answer to him and I still need to keep him informed. However, I don't exert all of my energy on him. I save it for my people. I take care of them, they take care of me and I can take care of my boss.

So what does it really mean when I say

"I work for my people"?

It means that whenever I do anything, it is to help them out. When I review enlisted performance reports and officer performance reports, I put an equal amount of time and effort into all of them no matter what the ratee's rank. When I review award packages, I make sure it is the best submission possible and we are recognizing the right people.

When I discipline people, I make sure it is fair, equitable and appropriate. I set standards and expect my people to follow them. When people talk, I make time for them and listen to what they have to say. I speak my mind even if I don't tell them what they want to hear.

I give people honest feedback and I take theirs in return. I let them know what I expect, when they've done well, when they haven't quite hit the mark and what they need to do to improve. I let people do their jobs and trust them until they give me a reason not to.

Most importantly, I genuinely care about their well being and try to convey that in everything I do.

Now, about my boss. Don't get me wrong; my boss is very important and I don't mean to belittle him in any way. After all, he signs my report and if he really wanted to he could make my life miserable. My point is I do not show up to work every day trying to impress him.

The energy I spend doing that takes away from the energy I could be spending helping my people succeed. If I take care of my people, they will get the job done, and the more professionally satisfied they are, the better they will perform. The better they perform, the better I am fulfilling my responsibilities to my boss.

They are taking care of me by enabling me to take care of my boss. My reward is in knowing my people are taken care of, and motivated to go to work and do their best.



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DUI Prevention

April. 12 – April. 18	0
Total DUIs in April	1
Total in 2006	4

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Making every day Earth Day at Yokota

By Jennifer Hensley
Fuji Flyer contributor

On Saturday, millions of people around the world will celebrate the one place we all have in common: planet Earth.

Earth Day was created to honor our environment and to initiate awareness about dwindling natural resources.

Each year, this unique holiday provides an opportunity to appreciate our precious planet but what most people don't realize is that they can do something every day to celebrate Earth Day.

According to Ms. Yuki Inoue, 374th Civil Engineer Squadron's pollution prevention manager, one of the best ways to celebrate is to recycle.

"Recycling is important for

many reasons," she said. "We need to conserve our resources, and realize that our land is limited and space is at a premium."

Yokota's recycling program is critical to preserving base resources but it isn't a one-person job. Each and every resident plays an important role in helping protect the planet.

"Recycling is mandatory for base residents," said Ms. Inoue. "I want everyone to understand that minimum sorting is required for maximum recycling."

Sorting garbage is easy and in most cases, it is free. Bags and containers are available at no cost to residents through the Self-Help Store. Residents can pick up everything from recycling bins to energy-efficient light bulbs – all free of charge.

"I recommend residents visit the Self-Help Store for recycling materials," she said. "Their products are very helpful in sorting." Some items have limited quantities for each household, but the quantities are such that each resident has what they need to recycle and conserve base resources.

Garbage must be divided according to three categories: recyclables, paper products and non-recyclables. Recyclables include glass bottles and jars, plastic containers, food and drink cans and even tires. Examples of paper products are newspapers, magazines, white bond paper and cardboard. Nonrecyclables consist of items like aerosol cans, light bulbs and yard waste.

The general rule of recycling at Yokota is to sort accordingly. Each residence has trash facilities with clearly marked containers. According to Ms. Inoue, designating specific containers in your home for each type of garbage is helpful in segregating waste. "Less than 50 percent of residents sort correctly. It is very important in order to recycle properly. I would recommend residents use bins or boxes to help separate each type of recyclable."

Yokota employs a contractor to thoroughly sort and collect garbage. It is a common misconception that sorting at home isn't required.

"When residents sort at home, it saves money and resources for the base," said Ms. Inoue. Even though the contractor provides detailed sorting services, their primary focus is collection, sorting non-recyclables into burnable and non-burnable, recycling and disposal off-base.

Once all the garbage is sorted and collected at the center located on the east side of the base, it goes to one of several places. Burnable items are taken to the base incinerator, recyclables sent to off-base recycling companies and non-burnable items are sent to an off-base specially controlled incinerator or landfill.

Ms. Inoue and the staff at the Environmental Flight are working hard to create recurring recycling projects that will benefit the Yokota community. Currently, the Par 3 golf course features wood chips that are the result of recycling efforts at Yokota and base employees can take advantage of an ink and toner cartridge recycling program.

"There is so much residents can do to help save resources," said Ms. Inoue.

For more information on recycling, contact Ms. Inoue at 225-9683. To inquire about the trash collection schedule, contact Tech. Sgt. Moo Kim at 225-5441.

Students spin up science projects to help raise awareness about environment, energy

By Jennifer Hensley
Fuji Flyer contributor

Students at the Yokota West Elementary and Yokota Middle Schools are teaming up with the 374th Civil Engineer Squadron's environmental flight for this year's Earth Day celebration Saturday.

Booths featuring information about reducing, reusing and recycling, and environmental trivia, will be set up for community members beginning at 10 a.m. at the Yokota Community Center.

Students and teachers alike and the bioenvironmental flight encourage community members to come out and learn more about the efforts Yokota makes to protect and preserve the base's natural resources. Members can also win prizes for participating in the booths' activities and vote for the Earth Day 2007 logo.

The Yujo Recreation Center is also hosting a "Trash to Treasure" contest Saturday from 4 to 8 p.m.

For more information about these events, call the environmental flight at 225-9683.



photo by Senior Airman Katie Thomas

Malcolm Downing, gifted students teacher at Yokota West Elementary School, works with Steven Gullan, Nathan Roman and Austin Story on a powered vehicle they designed.



photo by Senior Airman Katie Thomas

Jasmine Brown, Caitlin Older, Jonathan Barnes and Lam Hoang, fifth grade students at Yokota West Elementary School, prepare for their information booth at the annual Earth Day celebration set for Saturday at the Yokota Community Center.

AD

Off base

Seventh Annual Fuji Flower Festival: A 400-year-old Wisteria tree that is Tokyo's natural monument is featured at this festival and includes musical performances at Hinode Town's civic grounds from 10:30 a.m. to 2 p.m. April 29.

Okutama Cherry Blossoms: More than 10,000 trees around Okutama Lake will begin blooming at the end of April and beginning of May.

On base

Movies

Today – *Firewall*, PG-13, 7 p.m.; *Take the Lead*, PG-13, 9:30 p.m.

Saturday – *Curious George*, G, 2 p.m.; *The Pink Panther*, PG, 7 p.m.; *Take the Lead*, PG-13, 9:30 p.m. (adults only)

Sunday – *The Pink Panther*, PG, 2 p.m.; *Take the Lead*, PG-13, 7 p.m.

Monday – *Take the Lead*, PG-13, 7 p.m.

Tuesday – *Firewall*, PG-13, 7 p.m.

Wednesday – *Take the Lead*, PG-13, 7 p.m.

Thursday – *The Pink Panther*, PG, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Housing hours change

Beginning May 1, the base housing office is open Monday through Wednesday and Friday from 7:30 a.m. to 4 p.m., Thursday from 7:30 a.m. to 1 p.m.

Taiyo renovations

The Taiyo Recreation Center is partially closed Monday through mid-August while it is renovated. The thrift shop and some classrooms will remain open during the renovations. Call 225-6955.

Dance

A father-daughter dance is scheduled for April 29 at the Enlisted Club from 6 to 9 p.m. The cost is \$30 a couple and \$10 for

each additional child. E-mail fddance2006@yahoo.com.

Robin Hood closes

Robin Hood is closing Monday. Subway will open in its location tentatively May 24.

Auction

The Yokota East Elementary School Parent-Teacher Organization* is hosting a live auction April 29 from 11 a.m. to 5 p.m. in the school's gym. The PTO needs volunteers and an MC for the auction. Call 227-9663.

Summer hire

The annual summer hire program begins June 26 and ends August 18. Applications are accepted April 19 to 25, and are available through the schools. Call 225-3921 or 225-3935.

Excelsior exams

These exams are available through the base training and education center to all military personnel, civilians and dependents. Call 225-7337.

High school PTO

The Yokota High School Parent-Teacher Organization* has leadership position openings for the upcoming school year. E-mail chas.kelker@usff.mil by today.

Neighborhood watch

The 374th Security Forces Squadron is encouraging base residents to participate in a neighborhood watch program to cut down the theft, destruction and vandalism of property. Call 225-7244.

Base assessment

The 374th Airlift Wing's Information Assurance Office is conducting a Telecommunications Monitoring and Assessment through May. This assessment is to certify telecommunications here are in compliance with Department of Defense regulations. All base personnel and units here and attached to Yokota may experience spot inspections during April. Call 225-9000.

Tuition assistance

Spouse tuition assistance for Term V must be turned in by May 5 to the base training and education flight in Bldg. 316. Call 225-7337.

Volunteers needed

Yokota East Elementary School needs volunteers to help during its annual field day April 26 and 27. Call 225-5503.

Free shuttle

A free shuttle is offered to Tama Recreation Center. On Fridays, it leaves the bank parking lot at 6 p.m. and departs Tama to return at 10 p.m. On Saturdays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 10 p.m. On Sundays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 9 p.m.

Open house

The University of Oklahoma is hosting an informational open house April 27 from 5 to 7 p.m. in Bldg. 316, room 120. Call 225-3869.

PRAXIS

The Base Training and Education Services center is holding PRAXIS exams for beginning teachers June 14. Sign up by Thursday. Call 225-7337.

High school facilities

The Yokota High School facilities are available for use, however people must put in a request to use the facilities at least two weeks prior. Call 225-7018.

Cub Scouts

The Cub Scouts* are holding a recruitment night and ice cream social at the Yokota Middle School cafeteria Thursday at 6 p.m.

Yokota Singles

All base singles are invited to a free dinner and Bible study beginning at 5:30 p.m. in the building behind the Traditional Chapel. A free coffee bar is also open every Friday from 7 p.m. to 1 a.m. for all singles in the same building.

Samurai Warriors



of the Week



**Senior Airman
Christina Manuel**

Senior Airman Christina Manuel, 374th Contracting Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of courage and sympathy toward all people.

Airman Manuel is a contract administrator for the Army Support flight. She is solely responsible for 17 contracts valued at \$4.8 million, including services for Camp Zama, U.S. Forces-Japan, and support of three bilateral Army exercises.

She is also the president of the squadron's Orphanage Outreach Committee and has organized five functions this year, improving the lives of 75 children. She has two classes left before completing her undergraduate degree in English.

Tanabata Dancers

The Tanabata Dancers*, a base group that learns and performs traditional Japanese dances, holds practices Fridays in the Tower 2085 activity room, located near the Enlisted Club. All community members are invited to join.

Art auction

The Semper Fi Society* is hosting an art auction at the Yujo Recreation Center April 29. Pre-bidding opens at 3 p.m. and the auction begins at 4 p.m. Call 225-5939.

Commissary

The base commissary is changing the location of numerous frozen and chilled items Tuesday and Wednesday. The commissary asks for patrons to be patient while the changes are made.

Yokota bulletin

The Yokota Bulletin is updated every Wednesday. Visit <https://www.mil.yokota.af.mil/Files/MSG/CS/SCS/Bulletin/>.

Tax center open

The base tax center is open Monday through Wednesday from 9 a.m. to 4 p.m., and Thursday from 10 a.m. to 7 p.m. People filing 1040EZ forms can walk-in hours Mondays through Wednesdays from 9 to 11 a.m. Call 225-4926.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

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“Quotes” & Things

“He plays baseball like my wife shops – all day long.”

**Tommy Lasorda,
on Steve Sax**

Samurai Triathlon: Interested community members can sign up for the Samurai Triathlon, scheduled on the wing’s annual sports day May 12 beginning at 5:45 a.m. It includes a 500-meter swim, two-mile bike, and 2.2-mile run. Call 225-8322.

Circuit training: The Samurai Fitness Center offers “Morning Madness” circuit training Tuesday and Thursday from 6 to 7 a.m.

Tai Chi: Free Tai Chi classes are held at the Yokota East Elementary School gym Monday and Wednesday from 6 to 7 p.m.

Indoor cycling: The Samurai Fitness Center hosts cycling classes Monday, Wednesday and Friday at 5 a.m., and Tuesday and Thursday at 5:30 a.m. Cycling is also held Saturday at 9 a.m.

Fit Mom: Pregnant mothers are invited to exercise in the pool at the Natatorium Saturday from 9:30 to 10:30 a.m. through a special program offered by the Health and Wellness Center.

Baseball game: Discount tickets are available for the Seibu Lions vs. Yomiuri Giants Japanese professional baseball game April 29 at 2 p.m. at the Seibu Dome. The cost is \$1 a person. A children’s baseball clinic follows the game. Transportation and parking is not included. Visit one of the base youth centers for more information or to pick up the discount tickets.

Officer takes off to join AF soccer team

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

There’s nothing 1st Lt. Beth Welliver likes better than to see the ball hit the nylon of her opponents net.

The sound brings many thoughts to many people, but the fact is the sound is not of a basketball, but of a soccer ball.

Welliver, a protocol officer at U.S. Forces-Japan, has been playing soccer for 16 years, which has seen her captain the women’s team at the Air Force Academy, playing semi-pro soccer against women from the world over and playing on the Armed Force’s women’s team against international competition. She is currently training with the rest of the Air Force women’s team at Pope Air Force Base, North Carolina. The team will compete with the other services at the Armed Forces tournament in Jacksonville, Florida, starting the first week of May.

“I grew up in a small town in Iowa that had a great community soccer program,” said Welliver. “Everyone in town played soccer. We were one of the few to have a team of all girls.”

Welliver plays central midfield which is often referred to as the “midfield general” spot on the field. The position is physically and mentally demanding as the midfielder must link the defense with the offense, be the focal point for offense and cover the length of the field.

“I’ve been running three to four miles four to five days a week along with doing sprint workouts two to three times a week,” she said.

While here in Japan, she plays on the base team and is the only female player.

“Playing against guys definitely helps because they are generally quicker and stronger than women, so it makes me mentally and physically quicker in games against women.”

Welliver is playing on the Air Force women’s team for the second time.

“This is probably the last time for me,” said the lieutenant. “I’m in my peak soccer playing years and this is as high a level I can play, so I have to make the most of this opportunity.”

She said she hopes at the end of the Armed Forces tournament she will be selected to represent the Air Force on the Armed Forces team, which will then compete against other countries armed forces teams in a world championship.



photo by Capt. Ben Alumbaugh

First Lt. Beth Welliver, U.S. Forces-Japan protocol officer, practices trapping a soccer ball April 13. She recently made the women’s Air Force soccer team.

Foot injuries common but most easy to treat

‘Biological masterpiece’ under pressure from everyday walking to intense sport activities

By Maj. Shelia Thornton
374th Aerospace Medical Squadron

Getting to the bottom of foot injuries can be difficult.

The human foot is a biological masterpiece able to endure the tremendous pressures of daily living. It is complex and contains 26 small bones, 33 joints and a network of tendons, muscles, ligaments, blood vessels and nerves.

These structures enable it to do its job well without complaint if taken care of and not taken for granted.

On average, most feet experience a force equal to several hundred tons just from walking.

Feet are subject to injury more than any other part of the body.

Foot ailments are among the most commonly reported health problems. According to the

American Podiatric Medical Association, 75 percent of Americans experience foot problems at some time in their lives. The association sponsors Foot Health Awareness Month in April to promote awareness of good foot health.

Foot injuries are common in running and other athletic events that involve impact to the feet. Many of these injuries may be caused by a combination of overtraining, improper shoes or foot supports, and foot imbalances such as pronated feet and high arches. Pronation is the tendency of the feet to roll inward excessively.

Disease, disorders and disabilities of the foot can affect your mobility and quality of life. There is an important relationship between foot health and overall health and well-being.

The orthopedic clinic offers the following advice to keep feet healthy:

✓ Wash feet regularly and dry them completely, especially between the toes.

✓ Inspect feet, pay attention to changes in color and temperature.

✓ Do not ignore foot pain.

✓ Choose the right shoes for the activity and make sure they fit properly.

✓ Alternate shoes – do not wear the same pair of shoes everyday.

✓ Trim toenails straight across but not too short.

✓ Avoid walking barefooted.

✓ Be cautious when using home remedies for foot ailments.

✓ Persons with diabetes or poor circulation should not treat their own feet and should

see a foot doctor or health care provider at least once a year for a checkup.

Help prevent foot injuries by wearing properly fitted shoes, exercising on soft surfaces and avoiding rapid increases in training. Look for exercise shoes that have adequate toe room, snug heel, flexible soles, firm arch supports and well-cushioned impact points. Be sure to select a shoe type specific to a sport or activity.

If people need help with choosing the right exercise shoe, contact the orthopedic clinic or physical therapy department.

Community members should see their health care provider to evaluate any persistent foot pain. With proper prevention and immediate attention, foot injuries should not keep people sidelined for long.

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